



Salsa Roja

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



21 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons balsamic vinegar
- 14.5 ounce canned tomatoes undrained chopped canned
- 0.8 cup cilantro leaves fresh chopped
- 0.3 cup parsley fresh chopped
- 6 garlic cloves minced
- 1 teaspoon ground cumin
- 2 large jalapeño peppers diced seeded
- 0.3 cup juice of lime fresh

- 1.3 cups onion chopped
- 2 tablespoons oregano fresh finely chopped
- 0.3 teaspoon pepper freshly ground
- 2 cups plum tomatoes fresh diced
- 1.5 cups bell pepper diced red
- 0.3 teaspoon salt
- 5.5 ounce no-salt-added vegetable juice canned

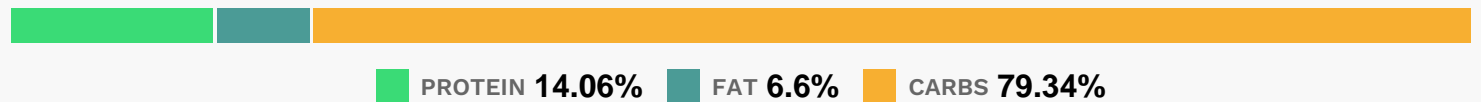
Equipment

- bowl

Directions

- Combine first 6 ingredients in a large bowl; toss gently.
- Combine cilantro and remaining ingredients in a small bowl, and stir well. Stir cilantro mixture into tomato mixture. Chill.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:1.16, Inflammation Score:-7, Nutrition Score:4.6682609397432%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 1.35mg, Apigenin: 1.35mg, Apigenin: 1.35mg, Apigenin: 1.35mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 21.44kcal (1.07%), Fat: 0.18g (0.27%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 4.83g (1.61%), Net Carbohydrates: 3.59g (1.31%), Sugar: 2.58g (2.87%), Cholesterol: 0mg (0%), Sodium: 61.13mg (2.66%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 0.86g (1.71%), Vitamin C: 22.13mg (26.83%), Vitamin K: 17.63µg (16.79%), Vitamin A: 654.83IU (13.1%), Manganese: 0.12mg (6.05%), Vitamin B6: 0.1mg (5.02%), Fiber: 1.24g (4.98%), Potassium: 165.51mg (4.73%), Vitamin E: 0.61mg (4.09%), Iron: 0.64mg (3.56%), Folate: 14.01µg (3.5%), Copper: 0.06mg (2.88%), Magnesium: 10.23mg (2.56%), Vitamin B3: 0.49mg (2.44%), Vitamin B1: 0.03mg (2.27%), Calcium: 22.48mg (2.25%), Phosphorus: 18.94mg (1.89%), Vitamin B2: 0.03mg (1.7%), Vitamin B5: 0.13mg (1.26%), Zinc: 0.16mg (1.04%)